

HAMPTONS

INTERNATIONAL PLATE

Danyelle Freeman's guide to global eating lets you explore the world without leaving the East End.

SOCIAL STUDIES BEACH READS

The Right Recipe

Eat well this summer with creative recipes from these gourmet food books. BY ALLISON POLSTER

Fresh from the Garden (Universe) by Sarah Raven: With rich color photographs by Jonathan Buckley, this is more than a recipe book. The images draw you in and ingeniously set the tone for the book's four sections: spring, summer, fall and winter. Seasonal ingredients and fresh fare have never looked so good.

Tart and Sweet (Rodale) by Kelly Geary and Jessie Knadler: The authors redefine the antiquated practice of at-home canning and pickling as crafty, sweet and trendy. The darling book features 101 recipes for butters, jams, pickles and chutneys (many perfect for summer picnics) plus basic instructions to get you started.

Weber's Time To Grill (Weber-Stephen Products LLC and Sunset Books) by Jamie Purviance: Be the master of the menu with this guide filled with quick recipes listed next to more complicated ones for two variations on each grilled dish. If you have 10 minutes try your hand at the red snapper with caper-parsley butter. Have half an hour? Create a more adventurous seafood delight—lemon-stuffed snapper with roasted tomato sauce.

Available at bookstores throughout the Hamptons.



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FOOD ENTHUSIAST Danyelle Freeman of restaurantgirl.com sat at dinner with a sizeable group at The Spotted Pig, a New York City restaurant boasting traditional British fare. As soon as the guests opened their menus, silence fell over the table. While the appetizers, entrees and desserts were written in English, the foreign dishes' descriptions left them baffled. "I thought to myself, we really could have used a guide," Freeman says. "You shouldn't have to feel intimidated by a menu or by a restaurant."

The experience sparked the idea for *Try This: Traveling the Globe Without Leaving the Table*. Organized by regional cuisine, readers can use

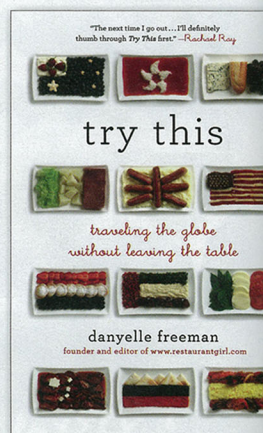
Freeman's dining guide as a cheat sheet before a date at

a Cuban restaurant or a birthday party at the hottest Indian food spot.

Most of all, the book

tries to open up a new world of food for those who stick to California rolls at Japanese restaurants and spaghetti at Italian spots. The book also provides fascinating tidbits on the history of many popular dishes (for example, pad thai probably originated in Vietnam, not Thailand) and pieces on modern manners for dining out, one of Freeman's favorite sections. "No one has updated Emily Post," Freeman says. "I still can't believe that we all reference her as our model of good manners—she never ate in a restaurant."

Even if you cannot jet off to Italy, France, Thailand or Vietnam, with today's options "you really can eat like you are there," Freeman says.



FREEMAN'S RECOMMENDATIONS:

European: Mirko's Restaurant, 670 Montauk Hwy., Water Mill, 726-4444; mirkosrestaurant.com

French: Red Bar Brasserie, 210 Hampton Road, Southampton, 283-0704; redbarbrasserie.com

Indian: Hampton Chutney, Main St., Amagansett, 267-3131; hamptonchutney.com

Italian: Tutto Il Giorno, 6 Bay St., Sag Harbor, 725-7009

Japanese: Suki Zuki, 688 Montauk Hwy., Water Mill, 726-4600

Mexican: Estia's Little Kitchen, 1615 Bridgehampton-Sag Harbor Tpk., Sag Harbor, 725-1045; estiaslittlekitchen.com

Thai: Phao, 29 Main St., Sag Harbor, 725-0101; phaoreastaurant.com



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